



Vegetable of the Week:

Peas

Healthy Recipe Idea: Pasta Salad Florentine

Ingredients:

6 oz, small tube-shaped pasta
2 cups, (2 oz) torn fresh spinach
2 cups, (11 oz) halved cherry tomatoes
1-1/2 cups (10 oz) frozen peas
1/2 cup, shelled pistachios
2 Tbsp, honey
2-1/2 Tbsp, Dijon mustard
3 Tbsp, red wine vinegar
1-1/2 tsp, dried oregano
1/2 tsp, garlic powder



Directions:

Drop pasta into boiling water; return to boil. Cook 10 to 15 minutes or until tender. Drain. Place peas in sieve and thaw with hot running water. Toss pasta, spinach, tomatoes, peas, pistachios and dressing in large bowl.

Dressing:

Combine 2 Tbsp honey, 2 1/2 Tbsp Dijon mustard, 3 Tbsp red wine vinegar, 1 1/2 tsp dried oregano (crumbled) and 1/2 tsp garlic powder. Makes 1/2 cup.

How do I involve my kids ?

Kids love helping in the kitchen, and kids who help in the kitchen are more likely to eat new foods. Give kids simple tasks like stirring, measuring, scooping, and shaking that don't involve sharp knives or heat for safety. For this recipe, let the kids toss the salad or shake the dressing in a jar with a tightly fitting lid.